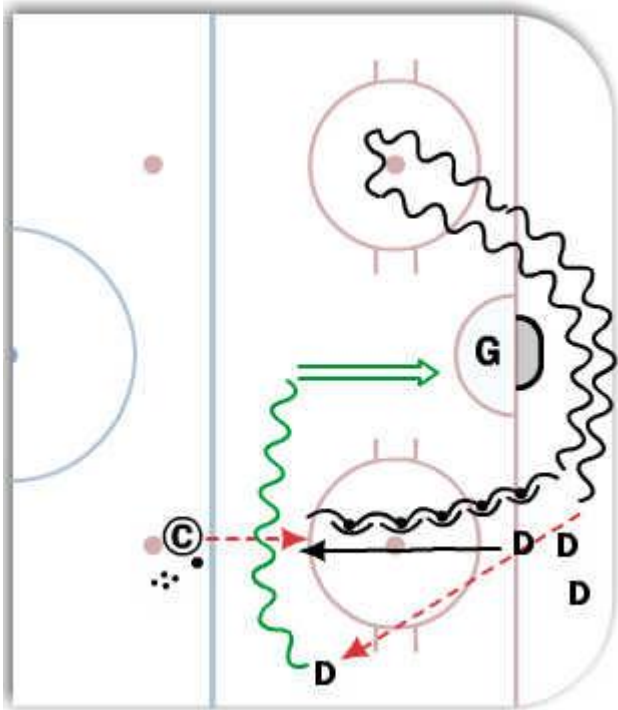


Cornerstone Skating for D



[View Animation](#)

Description

Skating drill that works on most of the fundamental skating skills all defensemen need.

Start with a D at the bottom of the circle and another on the wall above the hash marks.

The bottom D skates out toward the coach. The coach passes him a puck at the top of the circle.

The D transitions to backward and carries the puck to the goal line where he transitions to forward and skates hard around the net simulating a wheel skate.

At the dot he performs an escape move around the dot and transitions to forward skating hard to the back of the net. As he gains the back of the net he looks up to find the outlet pass along the wall at the hash.

The outlet pass is made and that D skates to the slot and shoots. The original D takes the spot on the wall and a new D starts at the bottom of the circle.

Key Points:

Notes

Have the D use different escape moves around the dot each time they perform the drill so they can work on their technique.

Change sides of the ice after a few minutes so the players can practice both sides.